

Guidance on Distances

RDA Showjumping Exercises & Course Building

Levels 3 and above

All distances are appropriate for ponies between 128cm – 148cm

These distances are guidelines for training purposes. It is preferable to make the distances too long than too short, and they are set for normal stride length strides rather than shortened or lengthened ones. It's important to train your eye, as distance charts are no substitution for being able to see what is actually going on.

Don't forget! As fences are raised, the distances will need to be adjusted accordingly.

Training distances are dependent on:

- The size of the fences
- The pony's length of stride
- The education of the pony
- The rider's ability to establish a good canter

Pony 128cm / 50"		Pony 138cm / 54"		Pony 148cm / 58"	
Minimum	Maximum	Minimum	Maximum	Minimum	Maximum
19' 6"	21'	21'	22' 6"	22'	23' 6"
29'	31'	30' 6"	32'	32'	33' 6"
38'	39'	41'	43'	42'	44'
47'	49'	51'	53'	53'	55'
56'	58'	61'	63'	64'	66'
65'	67'	71'	73'	75'	77'
74'	76'	81'	83'	86'	88'
83'	85'				

These distances are for guidance only. Consideration must also be given to the site circumstances and material/s to be used.

Safety cups must be used for back rails of spreads. All cups must have rounded edges. **Flat cups** must be used for planks and hanging fillers.

NB:

- **1 hand = 10.16cm or 4"**
- **1' = 30cm**